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When the gland is sluggish (hypothyroidism), it can rob you of energy, dry out your skin, make your joints ache, cause weight gain, and kick-start depression.

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Must-read news and expert advice to help protect the body you love. The Truth. About Winter. Weight Gain. Its not just what you're eating; research shows your ...

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Sep 8, 2011 ... Is there something especially fattening about eating before bed, or is this a diet myth?

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